

Winter 2017-18
Program Guide

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Outdoor Murfreesboro

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Parks and Recreation website:

www.murfreesborotn.gov/parks



City of Murfreesboro Access Statement

The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the City Manager of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 615-890-5333 or TDD 615-849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Veterans Parkway, to receive a copy of its financial assistance policy.



Cable TV - Channel 3

Please watch the Parks and Recreation Commission meetings each month, usually the 1st Wednesday of every month, for the latest news and developments of Parks and Recreation. We are often featured on the MPRD Update, "In the City," as well as on the daily bulletin.

Mistakes Happen...

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website, www.murfreesborotn.gov/parks for the latest updates and changes.

Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

Murfreesboro Parks and Recreation Commission



The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro.

Commission Members: Mr. D. Edwin Jernigan, Chair; Mr. Eddie Smotherman, City Council; Mr. Tim Roediger; Mr. Ricky Turner; Mr. Rick LaLance, City Council; Mr. Eddie Miller, Vice Chair; Dr. Chalie Apigian; Dr. Linda Gilbert; Dr. Gloria Bonner; and Mr. Bill Allen (ex officio).

Murfreesboro Parks and Recreation Department Mission Statement:

To plan, organize, implement and promote a comprehensive delivery system of programs, facilities, and areas which enhance the community's quality of life.



Refund Policy*

- A full refund will be given when a patron cancels more than one week prior to the activity, event, facility rental, program, other rentals and/or services.
- A \$5.00 administrative fee or 5% charge of the total fee paid, whichever is greater, will be assessed to the patron when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services one week or less prior to the activity, event, etc.
- A prorated fee will be assessed to the patron once the program, class or activity has begun and patron cancels or drops out of said program, class or activity.

*Refund policy does not apply to the Gateway Island Rentals or Cannonsburgh Village weddings.

Parks and Recreation website:
www.murfreesborotn.gov/parks

ALL AGES

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A Night of Thanks, 13 & 31
Black History Past, Present, and Future, 13 & 31
Black History Program, 13 & 31
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Patterson Park Community Center
Reservations & Information: 615-893-7439
521 Mercury Blvd.



Located at Patterson Park in the central area of Murfreesboro. Some of the amenities are: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available seven days a week, and the pool on weekends for rentals only.

Hours: M-F 6 a.m.-9 p.m. / Sat. 8 a.m. - 5 p.m. / Sun. 1-5 p.m.

Sports*Com
Reservations & Information: 615-895-5040
2310 Memorial Blvd.



Sports*Com is located at McKnight Park in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, meeting room, 25-yard indoor pool, outdoor pool with 50-meter lap lanes, slides, play feature, rock wall, diving board, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

Hours: M-F 6 a.m.-9 p.m. / Sat. 8 a.m. - 5 p.m. / Sun. 1-5 p.m.

Recreation Centers: Holiday Hours

Friday, December 22, 2017- Main Office will be closed.

Saturday December 23, 2017- Main Office, Cannonsburgh Village, and Bradley Academy and Museum will be closed.

All other facilities close at 5 p.m.

Sunday, December 24, 2017- Patterson and Sports*Com will close at 5 p.m. and Adams Tennis Complex will close at 2 p.m. All other facilities will be closed.

Monday, December 25, 2017- All facilities closed.

Sunday, December 31, 2017- Adams Tennis Complex will close at 2 p.m.

Monday, January 1, 2018- All facilities closed.

Monday, January 15, 2018- Adams Tennis Complex have regular hours. All other facilities will be closed.

Monday, February 19, 2018- Adams Tennis Complex have regular hours. All other facilities will be closed.

Adults	Daily	30 Visits	Monthly	Yearly	Family*
Facility Pass	\$4.00	\$65.00	\$35.00	\$300.00	Yearly \$500.00
City Resident Discount	-----	\$60.00	\$30.00	\$270.00	Yearly \$450.00
Youth & Seniors (5-17) (60 & older)	Daily	30 Visits	Monthly	Yearly	
Facility Pass	\$3.00	\$50.00	\$25.00	\$200.00	
City Resident Discount	-----	\$45.00	\$20.00	\$180.00	

Facility Pass:
Includes aerobic classes, water exercise classes, indoor pool, gym, track and weight room. It also includes admission to both Sports Com & Patterson Park Community Center. It does not include fee-based classes.
*** Sports Com Outdoor Pool requires a Boro Beach Pass for admission.**
** 30 Visits = 30 daily visits over a one-year period from date of issue
*** Monthly = Unlimited daily visits for 30 days from date of issue
**** Yearly = Twelve months from date of issue
***** Family Pass = The household year pass includes admission to Sports Com & Patterson Park. Household passes are designed for parents, or parent with dependent children 17 years or younger, 22 years or younger if full-time student.

For information on our new financial assistance policy and facility rental fees, please call the Murfreesboro Parks & Recreation office at 890-5333.

Wilderness Station
Reservations: 615-217-3017
697 Veterans Pkwy.



Located in Barfield Crescent Park, the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Adventurous families, scouts and youth groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs are based on staff availability.



Hours: Sunday: 12 p.m. - 5 p.m./Mon: 9 a.m. – 12 p.m.
Tues – Sat: 9 a.m. – 5 p.m.

McFadden Community Center
Reservations: 615-893-1802



211 Bridge Avenue

The McFadden Community Center is on 3 acres. The McFadden Community Center includes a gymnasium, outdoor playground, two meeting rooms, game room, and Rutherford County Food Bank. The gymnasium and game room are available for rental only on Saturdays and Sundays. The pavilion is first-come/first-served.

Hours: Monday - Friday 3-8 p.m.

Bradley Academy Museum and Cultural Center
Reservations: 615-962-8773

415 S. Academy Street



Bradley Academy was built in 1806 as the first school for education of white males only. In 1884, African American students, males and females, were allowed to attend school. The current structure was built in 1917 and opened as the new school for African American students in 1918. Today, Bradley Academy Museum and Cultural Center houses an original classroom, Civil War and early settlers' exhibits for the City of Murfreesboro and the County of Rutherford exhibit.

Bradley Academy Museum and Cultural Center has an auditorium, which serves as a dining area, theatre section for musical programs and plays (that seats 125-150 people), along with a boardroom for meetings (which seats at least 40-50 people). These rooms are available for rental 7 days a week. For more information, please call 615-962-8773. Tours are available Tuesday - Saturday, 10am - 4pm.

Barfield Crescent Park
Reservations: 615-890-5333
697 Veterans Pkwy.

Barfield Crescent Park is a 430-acre community park located



in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, disc golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between shelters 5 and 7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October. Pavilions 3, 4, 9 and 10 are available first-come, first-serve. Shelters No. 1,5,6,8 Seat Approx. 100 each
Shelter No. 2 Seats Approx. 75
Shelter No. 7 Seats Approx. 312
Shelters No. 3, 4, 9,10 Seat Approx. 24 each

Cannonsburgh Village
Reservations & Information: 615-890-0355
312 S. Front Street



The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. Located at 312 S. Front Street in Murfreesboro, TN, Cannonsburgh is ADA accessible. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitors center and time-period gifts.

The Williamson Chapel, Leeman House, Pavilion and Gazebo are available for weddings and receptions on weekdays and weekends. Cannonsburgh is also available for outdoor company picnics, social gatherings or themed events.

Area Teachers: plan a school field trip to Cannonsburgh Village. Experience what a frontier settlement was really like. Reminiscent of the early 1811 community of Murfreesboro, Cannonsburgh opens young minds to the early beginnings of the modern towns we now live in.

Photographers: Taking photographs at Cannonsburgh is free, yet we do ask that you call the office and schedule an appointment as we have wedding rentals taking place year-round on our grounds. You can obtain your free Photography Permit in the Gift Shop. To schedule a photography time please call 615-890-0355.

For reservations or information, call 615-890-0355.

Winter Hours: Visitor Center, Gift Shop and Village
Tuesday - Friday 9:00 a.m.-3:00 p.m. or by appointment. The historic buildings are closed through the winter. The farm implements/tractors and grounds may be viewed year-round.

Sports*Com Customer Appreciation Day

Come join us at Sports*Com as we show our appreciation to all our customers from throughout the year. We'll have music, friends and refreshments as we celebrate our customers and the holiday season.

Age: All Ages
Date: Friday, December 8
Time: 10:00 a.m. - 12:00 p.m.
Fee: Free
Location: Sports*Com Lobby
Contact: Bart Fite, 615-895-5040, bfite@murfreesborotn.gov



Holiday Lock-in

Come spend the night at Sports*Com, and enjoy a night of fun and games, as we will swim, play all kinds of sports, and give the parents a night to shop as we kick off the holiday season.

Ages: 8 - 15
Date: Friday, December 8 - Saturday, December 9
Time: 7:00 p.m. - 7:00 a.m.
Fee: \$20.00- Registration begins December 1.
Location: Sports*Com
Contact: Bart Fite, 615-895-5040, bfite@murfreesborotn.gov



PERFORM
MURFREESBORO



Perform Murfreesboro Productions Elf the Musical Jr.

Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. The would-be elf is raised, unaware that he is actually a human, until his enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father and discover his true identity. Faced with the harsh reality that his father is on the naughty list and that his half-brother doesn't even believe in Santa, Buddy is determined to win over his new family and help New York remember the true meaning of Christmas.

Date: December 7, 8, 9, & 10
Day: Thursday, Friday, Saturday, & Sunday
Times: Thursday, Friday & Saturday at 7:00 p.m. & Sunday at 2:00 p.m. (Doors open 30 minutes prior to showtime listed)

Production Ticket Prices:
Adults \$7.50/Youth (ages 4-17) \$6.00/Seniors (ages 60+) \$6.00
Location: The Washington Theatre at Patterson Park Community Center
Contact: Pam Williams, 615-867-7244, www.ticketpeak.com/PerformMurfreesboro

Ticket Reservation

Tickets may now be purchased on-line. Purchase tickets at www.ticketpeak.com/performmurfreesboro.

Christmas at Cannonsburgh Village

Christmas at Cannonsburgh is an event intended to celebrate an Old-Fashioned Christmas. Pictures with Santa, hot apple cider and a hayride will be featured during this event. Santa in the Lion's Club Building and a Hayride will be the main entertainment. This is an outdoor event, so bundle up and come enjoy the day.

Age: All ages
Dates: Saturday, December 2, 2017
Time: 10a.m.-3p.m.
Location: Cannonsburgh Village
Fee: Free Admission, but there's a fee for pictures with Santa.
Contact: Cannonsburgh, 615-890-0355, shodges@murfreesborotn.gov

Santa Splash and Dash

Just because it's cold doesn't mean you can't join us for a holiday pool party! Come celebrate the holiday season on Friday, December 22, from 6-9 p.m. We will have an ornament craft, a meal, and lots of swimming! It will be a holly jolly good time for all!

Date: Friday, December 22, 2017
Time: 6-9 p.m.
Ages: 7-13
Price: \$5 preregister, \$7 day of
Location: Patterson Park Pool
Contact: Carrie Stafford, 615-893-7439, cstafford@murfreesborotn.gov



Take the Plunge! at the 16th annual



**POLAR BEAR
PLUNGE**

Ring in the New Year in the frigid pool at
Sports*Com!

Saturday, January 6, 2018

"Boro Beach" Sports*Com Pool
(Arctic Adventure in gym)

* FREE with donation of nonperishable foods.

Gym opens at 8:30 am; plunge starts at 10 am.
Preregistration not required but available at Sports*Com
after December 1.

Contact Cody Saffel, 615-895-5040, or
csaffel@murfreesborotn.gov
for more information.

Be Bold! Be Cold!



New Year's Day 5k

Start the New Year off on the right foot with the 3rd annual New Year's Day 5k! All fitness levels welcome. Register early to be guaranteed a souvenir shirt (by Dec. 10). Every finisher will receive a medal, and awards will be given to overall finishers and age group winners.

Ages: All
Date: January 1, 2018
Time: 11:00 a.m.
Fee: \$25 preregistration through December 27, 2017
Location: Barfield Crescent Park
Contact: Melinda Tate, 615-893-2141, mtate@murfreesborotn.gov
For more information and to register: www.murfreesborotn.gov/parks



The Coffee Marathon

Here's how it works: Buzz by each of the seven participating coffee shops and walk or run all seven routes. (You choose one per week; one per day; or all in one day). Each time you walk or run a route, ask the participating coffee shop to sign your passport that you receive upon registration. After completion of all seven routes, bring your signed passport to Sports*Com for your commemorative coffee mug and car decal. You earned it!

Participating locations:

1. Sports*Com Coffee Stop 2310 Memorial Blvd.
2. Wilderness Station at Barfield Crescent Park 301 Volunteer Rd.
3. Sylvan Park Restaurant
4. Just Love Coffee Roasters 129 MTCS Dr.
5. Simply Pure Sweets 118 Walnut Street
6. City Café 113 East Main Street
7. Mystery Cafe

Age: All ages
Dates: January 1 – March 31.
Registration begins January 1 at the New Year's Day 5K.
Fee: \$25.00, runsignup.com- register: online only
Contact: Jennifer Joines, jjoines@murfreesborotn.gov

Music in the Wild

Warm up inside the Wilderness Station as we welcome the band Runaway Home back to the park. Runaway Home is a Panoramic-Americana band founded by two intrepid dreamers and schemers who share a love for music and the places it takes us all. Pulling from diverse musical backgrounds, Runaway Home blends their sound whiskey-smooth and harmonically strong, with a plaintive and rootsy edge. We will be serving some of our delicious bird-friendly coffee that will be perfect to sip on while enjoying live music and the company of friends, new and old.

Ages: All
Date: Saturday, January 27
Time: Doors open at 5:30; music is 6:30 p.m. to 8:30 p.m.
Location: Wilderness Station
Fee: Free
Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov



Valentine Tea

Celebrate the day of love in our 1800s Leeman House. Dress in your Valentine attire, and come for refreshments and a themed craft. Reservations, required through February 1, 2018. Space is limited.

Ages: 7 and up
Date: February 8, 2018
Day: Thursday
Time: 4p.m. - 6p.m.
Location: Cannonsburgh Village
Fee: \$2.50 per person
Contact: Cannonsburgh, 615-890-0355, shodges@murfreesborotn.gov



A Night of Thanks

Harvey MacKay states: "None of us got to where we are alone. Whether the assistance we received was obvious or subtle, acknowledging someone's help is a big part of understanding the importance of saying thank you!" At Patterson Park, our afterschool program would not be successful without the support of our many community partners. This is a time we say thanks for their sacrifice and service they render on a continuous and consistent basis. This will be a banquet format. We will also have the Second Annual Presentation of the Dexter Hurd Impact Award.

Date: Monday, December 18
Time: 6:00 p.m.
Fee: Free
Location: Patterson Park Community Center
Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreeborotn.gov



Murfreesboro City Schools

African American Cultural Night

Patterson Park Community Center partners with the Murfreesboro City Schools to celebrate African American culture. Every year we involve city school students, art, authentic food, music, and an educational interactive performance about local history of African American culture. Come celebrate culture and history with the community's youth. Culture is for everybody!

Date: Thursday, January 25, 2018
Time: 4:00 p.m. – 7:00 p.m.
Fee: Free
Location: Patterson Park Community Center
Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreeborotn.gov



Black History Past, Present, and Future

Please join us as we celebrate Black History Past, Present, and Future. We will be celebrating all month the culture and history of African Americans. During this event we will have several displays of inventions created by African Americans. On February 4th, you will be able to embrace the entire culture with music, authentic dishes, and history.

Ages: All
Date: February 3, 2018
Day: Saturday
Fee: Free
Time: 11:00 a.m. -3:00 p.m.
Location: Bradley Academy Museum & Cultural Center
Contact: Vonchelle Stemberge, 615-962-8773, vstemberge@murfreesborotn.gov



Black History Program

In the United States, the month of February is observed as Black History Month or National African American History Month. We use this month to remember the important contributions and achievements of African Americans throughout our nation's history. The celebration can be felt locally, nationally and worldwide as many organizations, cities, states and countries host events that educate on the rich culture and memorable figures of African American history. We will also acknowledge some of our local African American heroes and their contributions.

Date: Saturday, February 3, 2018
Time: 3:00p.m.- 5:00p.m.
Fee: Free
Location: Patterson Park Community Center
Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreeborotn.gov



PATTERSON PARK POOL SCHEDULE

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m.-12:45p.m. / 2-4:30p.m./7-8:45p.m.	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-6:30p.m.	8-11a.m./ 1-4:30p.m.	1-4:30p.m.
Anchor Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks & Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
Rec Pool Play & Open Swim	10a.m.-12:45p.m./ 2-4:30p.m./7-8:45p.m.	10a.m.-12:45p.m. / 2-8:45p.m	10a.m.-12:45p.m./ 2-6:30p.m.	1-4:30p.m.	1-4:30p.m.
Aqua Dance	5:30-6:30p.m.	N/A	N/A	N/A	N/A
Pool Rentals	N/A	N/A	7-9p.m. Pool closes @ 6:30p.m.	11a.m.-1p.m. / 5-7p.m. Private Rental	5-7p.m. Private Rental
Swim Lessons	4:45-7p.m.				

*Lap lanes may vary during on what time of the day it is. During Aerobics, there is only one lap lane in.
**Water will be cleared 15 minutes before each pool party is to be out of the facility in order for cleanup time.

Anchored Down Aqua

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

Aqua Dance

Integrating the dance formula and philosophy with traditional aqua fitness disciplines, the Aqua Dance class blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Squeaks n’ Creaks

This is an arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class, making it perfect for the beginner or a back-to-fitness exerciser.



SPORTS*COM INDOOR POOL SCHEDULE

Activity	Monday, Wednesday, & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6-8a.m./11a.m.-1p.m./ 3-6p.m. (1-lane) ***7-8:45p.m. (1-lane)	6-8a.m./11a.m.-1p.m./ *3-6p.m. (1-lane)	9:15a.m. – 11:45a.m	1-4:30p.m. (1-lane)
*Shallow H2O	8-9a.m./6-7p.m.	8-9a.m.	N/A	N/A
*Gentle Joints	9-10a.m.	N/A	N/A	N/A
*Deep H2O	10–11a.m.	9–10a.m. /4:30–5:30p.m./6–7p.m.	8:15 – 9:15a.m.	N/A
Rehab	10-11a.m.	9-11a.m.	8-9a.m.	N/A
Toning	N/A	5:30-6p.m.	N/A	N/A
Open Swim	7 – 8:45p.m.	**7-8:45p.m	1-4:30p.m.	1-4:30p.m.
Pool Rentals	N/A	N/A	12-1p.m. 5-7p.m. Private Rental	5-7p.m. Private Rental

During pool-set up transitions, lap lanes may be removed 5 minutes early.
*Tuesday/Thursday from 3pm - 6pm, lap lane availability will be limited due to swim lessons.
**Open swim during on Tuesday/Thursday is limited to shallow end only during the water polo program running from 7pm – 8:45pm.
***Monday/Wednesday/Friday lap swim will have one lane available from 7pm – 8:45pm.

Shallow H2O Exercise

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

Gentle Joints

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, Fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

Deep H2O Exercise

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

Toning

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30-5:30p.m. class, or come early for the 6:00-7:00p.m. class.



Santa Splash and Dash

Just because it's cold doesn't mean you can't join us for a holiday pool party! Come celebrate the holiday season on Friday, December 22, from 6-9 p.m. We will have an ornament craft, a meal, and lots of swimming! It will be a holly jolly good time for all!

Date: Friday, December 22, 2017
Time: 6-9 p.m.
Ages: 7-13
Price: \$5 preregister, \$7 day of
Location: Patterson Park Pool
Contact: Carrie Stafford, 615-893-7439, cstafford@murfreesborotn.gov



Polar Bear Plunge

There is not a better way to ring in the New Year than plunging into Sports*Com's frigid outdoor pool the first Saturday in January. Participants of the Polar Bear Plunge are encouraged to bring nonperishable foods to benefit the Green House Ministries. At 8:30am the Sports*Com gym will once again be transformed to an Arctic Adventure for families to play games, play on inflatables, drink coffee or hot chocolate, eat donuts, and register for the plunge. At 10am, plungers and spectators will make their way to the outdoor pool for the plunge! T-shirts to commemorate the plunge will be available for purchase the day of the event.

Ages: All Ages
Date: Saturday, January 6, 2018
Time: 8:30 a.m. Arctic Adventure, 10 a.m. plunge
Location: Sports*Com Outdoor Pool (Arctic Adventure in Gym)
Fee: FREE with the donation of nonperishable item
Contact: Cody Saffel, 615-895-5040, csaffel@murfreesborotn.gov



Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday and Thursday nights! This is an activity designed for swimmers who are comfortable in the deep end of the pool. If you have never played before we will gladly go over it all with you and let you learn at your own pace. If you are a college pro at the sport, come join the team!

Ages: 13+
Dates: Ongoing
Day: Tuesdays and Thursdays
Time: 7:00 p.m. – 8:45 p.m.
Location: Sports*Com Indoor Pool
Fee: Facility Pass (\$4 Adults / \$3 Youth & Seniors)
Contact: Cody Saffel, 615-895-5040, csaffel@murfreesborotn.gov

Early Bird Swim –

Sports*Com & Patterson Park Indoor Pools

There is nothing like a refreshing swim to get your day started! Take advantage of the opportunity to do just that at the Sports*Com and Patterson indoor pools this winter. The pools will be open Monday through Friday, 6 a.m. to 8 a.m., for those who want a great and invigorating morning workout. All lap lanes will be in at both facilities so you may swim as many laps as you so desire!

Ages: All ages
Dates: Ongoing
Days: Monday – Friday
Time: 6 a.m. – 8 a.m.
Location: Sports*Com & Patterson Park Indoor Pools
Fee: Facility Pass (\$4 Adults / \$3 Youth & Seniors)
Contact: Cody Saffel, 615-895-5040, csaffel@murfreesborotn.gov



American Red Cross Water Safety Instructor Class

Become certified by the American Red Cross to teach swim lessons. This class will instruct you how to teach strokes for swimmers and nonswimmers of all ages.

Ages: 15 +
Dates: March 9, 10, & 11
Days: Friday, Saturday, and Sunday
Times: Varies by day. Call for details.
Location: Sports*Com
Fee: \$175
Contact: Cody Saffel, 615-895-5040, csaffel@murfreesborotn.gov
**Registration is required.



American Red Cross Lifeguard Class

Learn skills and knowledge to prevent and respond to aquatic emergencies. Prerequisites include a 500-yard swim & 20-yard brick retrieval. Upon passing, candidates will be certified in Lifeguarding & First Aid, CPR/AED for the professional rescuer & Oxygen Administration.

Ages: 15 +
Dates: January 11-14 (Thursday – Sunday)
or February 8 – March 1 (Tuesdays and Thursdays)
Times: January 11 & 12 - 5pm - 9pm, Jan 13 - 8am - 5pm, Jan 14 – 1pm-5pm
February 8 – March 1 class 6:00pm – 9:00pm
Location: Sports*Com
Fee: \$175
Contact: Cody Saffel, 615-895-5040, csaffel@murfreesborotn.gov
**Registration is required.

American Red Cross Lifeguard Instructor Class

Become certified to teach American Red Cross Lifeguard Courses! Participants must be currently certified as an American Red Cross Lifeguard and be at least 17 years old.

Ages: 17 +
Dates: January 11-14 (Thursday – Sunday)
or February 8 – March 1 (Tuesdays and Thursdays)
Times: January 11 & 12 - 5pm - 9pm, Jan 13 - 8am - 5pm, Jan 14 – 1pm - 5pm
February 8 – March 1 class 6:00pm – 9:00pm
Location: Sports*Com
Fee: \$175
Contact: Cody Saffel, 615-895-5040, csaffel@murfreesborotn.gov
**Registration is required.



Homeschool Swim Technique Training

We are now offering swim technique training for homeschool children during the day. Swimming is a great source of exercise and good skill to be had by all. If you have any questions, please contact Carrie Stafford with the information listed below.

Ages: 7-15
Prerequisite: Swim 25 yards unassisted without touching the bottom/wall
Dates: Ongoing
Days: Tuesday and Thursday
Time: 1 p.m. – 2 p.m.
Location: Patterson Park Indoor Pool
Fee: Facility Pass (\$3 Youth)
Contact: Carrie Stafford, 615-893-7439, cstafford@murfreesborotn.gov

Excel Aquatics

We are excited to announce that we have partnered with Excel Aquatics to offer a variety of swim courses and programs! If you are interested in signing up for lessons or are just looking for more information, please visit www.excelaquatics.org. Questions can be directed to borolessions@excelaquatics.org.



Youth Volleyball Class

Bump, set and spike it at Sports*Com, as qualified coaches give instruction in every aspect of the game. From beginners to advanced, youth volleyball players will have the opportunity to develop and refine their skills through practice and game situations. The youth class is a great way to start preparation for the Summer Youth League.

Ages: 8 - 15
 Dates: Thursdays
 Time: 4:30 to 6:00 p.m.
 Location: Sports*Com
 Fee: \$3 per visit
 Contact: Athletics, 615-907-2251, smaxey@murfreesborotn.gov

**Homeschool PE Class**

Our Homeschool PE classes are designed for ages 6-15 and consist of various physical education activities while promoting good health, sportsmanship, group participation and socialization. We now have 2 classes, HSPE I and HSPE II. Each class is limited to 20 participants. You MUST call 615-893-7439 to reserve your spot.

Ages: 6-13
 Days: Tuesdays and Thursdays
 Dates: January 9 thru May 24 (If City Schools are out, no HSPE)
 Time: HSPE I 12:00-12:50
 HSPE II 1:00-1:50
 Location: Patterson Park Community Center (Youth Gym)
 Fee: HSPE I- Facility Pass (\$3 Youth) per class
 HSPE II- \$50 per Semester

Contact: Chad Hill, 615-893-7439, chill@murfreesborotn.gov

Homeschool PE Class

Our Homeschool PE class consists of various physical education activities while promoting good health, sportsmanship, group participation and socialization. You must call the morning of class to reserve your spot.

Ages: 6-15
 Day: Wednesday
 Dates: Ongoing (if schools are out, no PE)
 Time: 9:00 a.m.- 10:00 a.m.
 Location: Sports*Com
 Fee: Facility Pass (\$3 Youth)
 Contact: Ralph Buckingham, 615-895-5040, rbuckingham@murfreesborotn.gov

**Men's Adult Basketball League**

Adult Men's Basketball League is designed for men, 18 years of age and older, to compete against others in a 10-week season with a single elimination tournament at the end of the season. Each player will pay admission each night of play. Space is limited, so get your team in.

Ages: 18 and up
 Date: Team Sign-Ups: February 1 - 28.
 Day: Tuesday, Wednesday and Thursday nights starting in March.
 Time: Games will begin at 6:00, 7:00 or 8:00 P.M.
 Location: Patterson Park and McFadden Community Centers
 Fee: Facility Pass (\$4 Adults / \$3 Seniors)
 Contact: Trevor Hutchison, 615-907-2251, thutchison@murfreesborotn.gov

**Sports*Com Adult Basketball League**

Sports*Com's Adult Basketball League is a great way for adult athletes to stay in shape and play the game. League offers full court games with qualified officials one day a week. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so don't be discouraged if you don't have a team.

Ages: Adults
 Dates: Wednesdays beginning in January
 Time: Games will begin at 6:00, 7:00 or 8:00 P.M.
 Location: Sports*Com
 Fee: Facility Pass (\$4 Adults / \$3 Seniors)
 Contact: Trevor Hutchison, 615-907-2251, thutchison@murfreesborotn.gov

Recreational Basketball

Good morning to all our early risers and 3rd shift athletes. If you need to work off some of that early morning energy come on out to Sports*Com to join us in some 5-on-5 full court basketball.

Date: Starts December 4, 2017
 Days: Monday-Wednesday- Friday
 Time: 6:00a.m. - 9:00a.m.
 Fee: Facility Pass (\$4 Adults / \$3 Youth & Seniors)
 Location: Sports*Com
 Contact: Ralph Buckingham, 615-895-5040, rbuckingham@murfreesborotn.gov

**Adult Recreational Coed Volleyball League**

The Recreation Department offers recreational volleyball for those players who are out to have fun. The league plays at Patterson Park on Monday nights in a laid-back atmosphere. Social interaction and fun are a big part of the league. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so please call and let us know you're interested.

Ages: Adults
 Dates: Mondays
 Time: Games will begin at 6:00, 7:00, 8:00 P.M.
 Location: Patterson Park Community Center
 Fee: Facility Pass (\$4 Adults / \$3 Seniors)
 Contact: Sami Maxey, 615-907-2251, smaxey@murfreesborotn.gov

**Adult Power Coed Volleyball League**

Murfreesboro Parks and Recreation offers competitive volleyball for those players who have experience with the game. The league plays at Sports*Com on Thursday nights, and the competition is stiff. Teams wanting to get in the league can call the contact information below. Experienced players without a team should contact us, and we will try to get you involved.

Ages: Adults
 Dates: Thursdays
 Time: Games will begin at 6:00, 7:00, 8:00 P.M.
 Location: Sports*Com
 Fee: Facility Pass (\$4 Adults / \$3 Seniors)
 Contact: Sami Maxey, 615-907-2251, smaxey@murfreesborotn.gov

**Spring Adult Softball League**

Spring Adult Softball League coaches' meeting is set for February 18, 2018 at 2 p.m. at the McFadden Community Center. The Spring Adult Softball League is designed for adults, 18 years of age and older, to compete against other players. Space is limited, so please have a team representative at the coaches' meeting. Both Men's and Women's Divisions will be offered. Players without a team may contact us to be placed on the free agent list.

Ages: 18 and up
 Date: Coaches' Meeting February 18, 2018, at 2 p.m.
 League Play: Tentative Start Date week of April 9
 Day: Monday through Friday nights
 Time: Meeting Time is 2 p.m.
 Location: McFadden Community Center- Gymnasium
 Fee: \$550 per team
 Contact: Brittany Garrett, 615-907-2251, bgarrett@murfreesborotn.gov

Spring Racquetball League

Murfreesboro Parks and Recreation offers competitive racquetball for those players who have experience with the game. The league is separated into A, B, and C divisions. Players wanting to get into our racquetball league may use the contact and game information below, if interested.

Ages: Adults
 Dates: Sign-ups: February 1 - 28.
 Time: Players are responsible for scheduling their own games throughout the week after master schedule is posted.
 Location: Patterson Park Community Center
 Fee: \$15 and facility pass admission for league play and t-shirt
 Contact: Trevor Hutchison, 615-907-2251, thutchison@murfreesborotn.gov



Pickle-Ball

Join us for this fun sport that combines many elements of tennis, badminton, and ping-pong. The rules are simple and easy for beginners to learn, but the game can become quick, fast-paced and competitive for experienced players.

Age: Adults
Date: Starts December 5, 2017
Day: Tuesday and Thursday
Time: 12:00 – 3:00 p.m.
Fee: Facility Pass (\$4 Adults / \$3 Seniors)
Location: Sports*Com
Contact: Ralph Buckingham, 615-895-5040, rbuckingham@murfreesborotn.gov



Pickle- Ball outside Courts

Join us for this fun sport that combines many elements of tennis, badminton, and ping-pong. The rules are simple and easy for beginners to learn, but the game can become quick, fast-paced and competitive for experienced players.

Date: Starts December 4, 2017
Location: Patterson Park Community Center Outside Courts
Day: Mondays
Time: 4 p.m.- 6 p.m.
Location: Richard Siegel Park Outside Courts
Day: Mondays
Time: 9 a.m.-11 a.m.
Fee: Facility Pass (\$4 Adults / \$3 Seniors)
Contact: Ralph Buckingham, 615-895-5040, rbuckingham@murfreesborotn.gov

Note: The Patterson Park outside courts will be available only after school hours during the week. The Richard Siegel Park location will be available Monday mornings as scheduled, and if patrons have their own equipment, they may use the court at any time as available.



2017 Holiday Tennis Camps at the Adams Tennis Complex

Our objective for the Beginner / Intermediate Camp is to help produce a generation of kids who love to play the game of tennis. The key ingredient in fostering a love of the game is FUN. Our counselors work in a structured, organized system with manageable student/ instructor ratios. We find that knowledge acquired through play (while having fun) makes our campers more eager to learn the techniques that can help them play better. That eagerness to learn and improve translates into lots of young players on the road to success!

Of course, our ATC campers are always instructed in the proper grips and stroke techniques. As much as possible, we put players into playing situations appropriate to their age and ability levels.

The ELITE Training Camp is geared toward preparing Tournament level players for competition, both physically and mentally. We pay great attention to detail of stroke technique and strive to teach players a well-rounded game capable of meeting the many different challenges they face in competitive play. We will do a lot of point play and live ball drills and also use video to analyze their stroke production.

Fees must be paid to register. Refunds will be issued when a participant withdraws from camp at least a week in advance.

ELITE TRAINING Camp

For ELITE Training Groups
Yellow & Blue and
Advanced Tournament Players
Tuesday 11:00 AM – 1:00 PM
Wednesday 1:30 – 3:30 PM
Thursday 3:30– 5:30 PM
Only 1 Session Available
Limited to the first 24 registered January 2, 3, 4.
Cost: \$99 Members, \$115 Nonmembers.

Beginner / Intermediate Camp

For Ages 5-15
Tuesday 1:30 – 4:30 PM
Wednesday 10:00 AM – 1:00 PM
Thursday 12:00 – 3:00 PM
Only 1 Session Available
January 2, 3, 4
Cost: \$135 Members, \$150 Nonmembers.
Parents must be prompt in picking up campers. A fee may be charged for late pickups.

For registration and more information, call the Adams Tennis Complex, 615-546-4000.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Wild Things 9:30-10:15 AM Wilderness Station Ages: 1-4 w/ Parent		FitMommy Yoga 9:30-10:15 AM Patterson Park Ages: Adult with baby/toddler	
		FitMommy Workout 9:30-10:15 AM Patterson Park Ages: Adult with baby/toddler			
Tumbleweeds 10:15-11:00 AM Sports*Com Ages: 3-5		Tumbleweeds 10:15-11:00 AM Sports*Com Ages: 3-5		Toddler Time with Thomas 10-11 AM Sports*Com Ages: Under 5	
	Busy Bees 10:45-11:15 AM Patterson Park Ages: 3-5	Movers & Shakers 10:30-11 AM Patterson Park Ages: 1-3	Busy Bees 10:45-11:15 AM Patterson Park Ages: 3-5	Movers & Shakers 10:30-11 AM Patterson Park Ages: 1-3	
		Twist & Shout 11:05-11:45 AM Patterson Park Ages: 3-5		Twist & Shout 11:05-11:45 AM Patterson Park Ages: 3-5	





Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot—space is limited.

Ages: 3-5
Days: Mondays & Wednesdays
Time: 10:15-11:00 a.m.
Location: Sports*Com Aerobic Room
Fee: \$3.00 or Facility pass. Preregistration is required.
Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov

FITMommy Workout

This program is designed for moms with little ones. The class includes cardio, strength, flexibility and balance training for a total body workout.

Day: Wednesdays
Dates: January 3 - February 2, 2018
Time: 9:30-10:15 a.m.
Location: Patterson Park Community Center
Fee: \$4.00 or Facility Pass
Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov

FITMommy Yoga

This interactive yoga practice includes infant massage techniques, exercises to reclaim the core, and a grounding practice specifically for the postpartum body. The format is most conducive for mothers and babies from 6 weeks to super crawling and appropriate for all yoga experience levels.

Day: Fridays
Dates: January 3 - February 2, 2018
Time: 9:30-10:15 a.m.
Location: Patterson Park Community Center
Fee: \$4.00 or Facility Pass
Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov



Busy Bees

This toddler class focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship.

Ages: 3-5
Days: Tuesdays and Thursdays
Dates: Ongoing
Time: 10:45-11:15 am
Location: Patterson Park Community Center
Fee: \$3.00 or Facility Pass
Contact: Chad Hill, 615-893-7439, chill@murfreesborotn.gov

Wild Things

Welcome to the Wilderness! Introduce your child to the wonders of nature in this fun-filled class designed just for them. Each week the adventure starts with unique songs and a discussion about the animal of the week. We reinforce each topic with a simple craft and a nature hike or fun activity. Join us each Wednesday, and learn about the wonderful, wacky wildlife that lives in Tennessee. Registration is required.

Please call the Tuesday before class to register.

Ages: 1 - 4 years with adult
Day: Wednesdays
Times: 9:30 a.m. (Call on the Tuesday before for reservations.)
Location: Wilderness Station
Fee: \$3.00
Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov. Reservation required.



Silly Grandpa Concert

Come join in the silliness at the Wilderness Station, since we have invited Silly Grandpa to play a concert. Sing, clap, and dance along to Silly Grandpa's fun and entertaining songs.

Ages: All
Date: Saturday, January 20th
Time: 10:00 a.m.
Location: Wilderness Station
Fee: Free
Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov.



KidFIT

Movers and Shakers

This parent participation class is designed to get you and your little one moving! Focus is on playing with others, gross motor skills and having fun. Class size is limited. Please call to register.

Ages: 1-3 years
Days: Wednesday and Friday
Dates: Ongoing
Time: 10:30-11:00 am
Location: Patterson Park Community Center
Fee: \$3.00 or Facility Pass. Preregistration is required.
Contact: Chad Hill, 615-893-7439, chill@murfreesborotn.gov

Twist and Shout

Children run, jump, and play while learning important skills such as balance, coordination, listening, and taking turns. Designed to make fitness fun! Class size is limited. Please call to register.

Ages: 3-5 years
Days: Wednesday and Friday
Dates: Ongoing
Time: 11:05-11:45 am
Location: Patterson Park Community Center
Fee: \$3.00 or Facility Pass. Preregistration is required.
Contact: Chad Hill, 615-893-7439, chill@murfreesborotn.gov



Toddler Time with Thomas

Little kids love to play and that's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN.

Ages: 5 and under
Dates: Fridays
Time: 10 a.m.
Location: Sports*Com
Fee: \$3 per visit
Contact: Thomas Laird, 615-907-2251, tlaird@murfreesborotn.gov



Winter Wonderland Party for Preschoolers

Don't let your preschooler get the wintertime blahs. Instead, come to the Wilderness Station for a wintry, wondrous celebration. We will read The Mitten by Jan Brett and play, explore, and discover the native animals that make this story fun. Alos, we will have games and a craft. Registration Required.

Ages: 3 - 5 years
Dates: Saturday, February 10th
Time: 10:30 a.m.
Location: Wilderness Station
Fee: \$3.00
Contact: Heather Mullican, 615-217-3017, hmullican@Murfreesborotn.gov



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www.facebook.com/CulturalArtsMurfreesboro


Perform Murfreesboro commits to being a positive influence in the education of Theatrical Arts by providing professional quality theatre programming for children. PERFORM MURFREESBORO BELIEVES: Theatre Education helps children gain confidence in themselves in the areas of public speaking, music appreciation, dance, creative thinking, problem solving, team and leadership skills, and more. Our practice is to put more emphasis on the process rather than on the final product. We believe that by focusing on a quality process, we naturally produce a quality production that will provide entertainment for the community.

Perform Murfreesboro Membership

Perform Murfreesboro Members gain access to a wide variety of programming at no extra cost to them after a \$25.00 membership fee. The membership lasts for one fiscal year (July 2017-June 2018) and comes with many perks. Members have access to free classes in a range of subjects, are given a gift with the Perform Murfreesboro logo on it, can buy discounted tickets to Perform Murfreesboro Productions they are not cast in, and can sell tickets (not required) at a discounted price to Perform Murfreesboro Productions they are involved in. Members of Perform Murfreesboro enter a unique community of artistic individuals and build confidence together while experiencing the arts.

Age: 6-17
Fee: \$25.00

Location: The Washington Theatre at Patterson Park Community Center
Register: Patterson Park, Sports*Com, or Main Office
Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov



Perform Murfreesboro Orientation

Before each audition, we hold an Orientation for first-time members and families or those who are just curious to learn more about what we do. Participants are given a Perform Murfreesboro handbook to keep and take a tour of The Washington Theatre (including fun stops like the costume shop and the set building shop!) This is a great time to learn more about what we do and ask any questions you may have.

Age: All Ages
Date: January 10, 12 February 21, 23 (only attend one orientation a year, please attend before auditioning)
Day: Wednesday & Friday
Times: 6:00 p.m.-6:15p.m.
Fee: Free
Location: The Washington Theatre at Patterson Park Community Center
Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov

Perform Murfreesboro – Auditions

Auditions are open for everyone (some productions will have age limitations) and Perform Murfreesboro Membership is not required to audition for a production (but is required if cast in the production). Auditioning can sound like a scary experience but we do our best to surround you with a supportive environment and make it as fun and exciting as it should be! Rehearsals are generally on Monday, Tuesday, and Thursday evenings.

Next Audition Opportunity:
Willy Wonka Kids Auditions

Roald Dahl's Willy Wonka KIDS follows enigmatic candy manufacturer Willy Wonka as he stages a contest by hiding golden tickets in five of his scrumptious candy bars. Whomever comes up with these tickets will win a free tour of the Wonka factory, as well as a lifetime supply of candy. Four of the five winning children are insufferable brats, but the fifth is a likeable young lad named Charlie Bucket, who takes the tour in the company of his equally amiable grandfather. The children must learn to follow Mr. Wonka's rules in the factory – or suffer the consequences.

Auditions: January 10 & 12 (only come to one)
Ages: 6-9 (Rehearsals for this production will generally be held from 6pm-7:30pm to let little ones get to bed early. Performance Dates will be: March 2, 3, 4 *subject to additional Performance dates.*)
Day: Wednesday & Friday
Time: 6:30pm-finish
Fee: Free
Location: The Washington Theatre at Patterson Park Community Center
Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov

Madagascar A Musical Adventure Jr.

Alex the lion is the king of the urban jungle, the main attraction at New York's Central Park Zoo. He and his best friends – Marty the zebra, Melman the giraffe and Gloria the hippo – have spent their whole lives in blissful captivity before an admiring public and with regular meals provided for them. Not content to leave well enough alone, Marty lets his curiosity get the better of him and makes his escape – with the help of some prodigious penguins – to explore the world.

Auditions: February 21 & 23 (only come to one)
Ages: 6-17 (Performance Date will be: April 27, 28, 29 *subject to additional performance dates*)
Day: Wednesday & Friday
Time: 6:30pm-finish
Fee: Free
Location: The Washington Theatre at Patterson Park Community Center
Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov



Perform Murfreesboro Productions

Buddy, a young orphan, mistakenly crawls into Santa's bag of gifts and is transported to the North Pole. The would-be elf is raised, unaware that he is actually a human, until his enormous size and poor toy-making abilities cause him to face the truth. With Santa's permission, Buddy embarks on a journey to New York City to find his birth father and discover his true identity. Faced with the harsh reality that his father is on the naughty list and that his half-brother doesn't even believe in Santa, Buddy is determined to win over his new family and help New York remember the true meaning of Christmas.

Date: December 7, 8, 9, & 10
Day: Thursday, Friday, Saturday, & Sunday
Times: Thursday, Friday & Saturday at 7:00 p.m. & Sunday at 2:00 p.m. (Doors open 30 minutes prior to showtime listed)
Production Ticket Prices:
Adults \$7.50/Youth (ages 4-17) \$6.00/Seniors (ages 60 +)\$6.00
Location: The Washington Theatre at Patterson Park Community Center
Contact: Pam Williams, 615-867-7244, www.ticketpeak.com/PerformMurfreesboro

Ticket Reservation

Tickets may now be purchased on-line. Purchase tickets at www.ticketpeak.com/performmurfreesboro.



Perform Murfreesboro Classes:



Season Reveal Acting Class

Students will learn the ins and outs of auditioning and acting while being a part of our very special acting team to announce our 30th Season at our season reveal by performing parts of each show!

Ages: 10-17
Date: January 8, 15, 22, 29, February 5, 12, 19, 26
Day: Monday
Time: 5pm-6pm
Fee: Free with Perform Murfreesboro Membership
Location: The Washington Theatre at Patterson Park
Register: *Required* Call Miss Susan to sign up for this class.
Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov

Theatre Ensemble Choir

Sign up for a theatre ensemble choir experience! Spaces are limited, so please sign up ASAP. Students will learn how to approach choreography and the importance of being an ensemble cast member!

Ages: 9-17
Date: January 2, 9, 16, 23, 30, February 6, 13, 20, 27
Day: Tuesdays
Time: 5:00pm-6:00pm
Fee: Free with Perform Murfreesboro Membership + \$25 supply fee
Location: The Washington Theatre at Patterson Park
Register: *Required* Call Miss Susan to sign up for this class.
Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov

Like us on Facebook for more (including brand new theatre programs!)

[Facebook.com/culturalartsmurfreesboro](https://www.facebook.com/culturalartsmurfreesboro)

See our facebook page for pictures from our Perform Murfreesboro Productions, updates to dates and times of programs listed, information on programs not listed, and to feel free to comment on and share our posts!

Cultural ARTS MURFREESBORO

Dance Class

Ages: All ages
Date: January 4, 11, 18, 25
Day: Thursdays in January
Time: 5:00pm-6:00pm
Fee: Free with Perform Murfreesboro Membership
Location: The Washington Theatre at Patterson Park
Register: *Required* Call Miss Susan to sign up for this class.
Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov



Musical Theatre Dance Class

Ages: All ages
Date: February 1, 8, 15, 22
Day: Thursdays in February
Time: 5:00pm-6:00pm
Fee: Free with Perform Murfreesboro Membership
Location: The Washington Theatre at Patterson Park
Register: *Required* Call Miss Susan to sign up for this class.
Contact: Susan Hicks, 615-893-7439, ext. 6104, shicks@murfreesborotn.gov

Attention Artists and Musicians!

Did you know there are many opportunities for creative people to showcase their talents in Murfreesboro? Bookmark and check culturalartsmurfreesboro.submittable.com frequently to see new opportunities to exhibit or perform at various special events around the city!



Group Guitar Lessons

Learn the basics of guitar in a fun ensemble setting! From learning how to hold a guitar properly to being able to play something at home for your family, this six-week session will help add fuel to the spark for your child's love for music. Space is limited to 8 students per class. Each lesson is 1 hour long. Homeschool option available. Register by January 11th to secure a spot. Call for dates and times.

Ages: 6-13
Days: Thursdays or Fridays
Location: McFadden Community Center.
Fee: \$60
Contact: Katlyn Stevenson, 615-867-7244, kstevenson@murfreesborotn.gov

Advanced Group Guitar Lessons

Your child or teen already knows the basics of guitar and is ready to move on to more challenging material. This six-week class will pick up where any previous classes left off and help push your child to the next level. Class will likely involve introduction to chords, more difficult picking and plucking exercises, as well as a group performance with solo opportunities. Register by January 11th to secure a spot. Call for dates and times.

Ages: 9-14
Days: Fridays
Location: McFadden Community Center
Fee: \$60
Contact: Katlyn Stevenson, 615-867-7244, kstevenson@murfreesborotn.gov



Group Piano Lessons

Within a group setting your child can enjoy exploring the basics of piano, playing songs together as a group, and making friends along the way. This six-week session will be a fun introductory experience to try out this versatile instrument! Each lesson is between 45 minutes and 1 hour long.

Ages: 6-9
Days: Wednesdays
Time: 3:15-4:15pm
Location: McFadden Community Center. Register by January 11 to secure a spot.
Fee: \$60
Contact: Katlyn Stevenson, 615-867-7244, kstevenson@murfreesborotn.gov



Private Homeschool Voice Lessons

Enjoy a six-week session where your child can experience individualized voice lessons with Mrs. Katlyn Stevenson! Depending on your child's goals, this six-week session will help guide them toward their desired accomplishment! Space is limited to 4 students. Each lesson is 30 minutes long. Register by January 10th to secure a spot.

Ages: 5-12
Days: Wednesdays or Fridays only
Dates: Starting in January
Location: Bradley Academy Museum
Fee: \$60
Contact: Katlyn Stevenson, 615-867-7244, kstevenson@murfreesborotn.gov



Music Mingle

Do you support or participate in music in Murfreesboro? All music producers, promoters, teachers, composers, musicians, conductors, songwriters, music business owners, and music fans are welcome to come to Music Mingle! The goal of Music Mingle is to encourage communication and collaboration between individuals in the music community, start community discussions about the needs and direction music is taking in the Boro, and have fun mingling and networking!

Refreshments provided. RSVP recommended.

Date: Thursday, January 25
Time: 5:30-7:30pm
Location: Bradley Academy Museum
Fee: Free
Contact: RSVP by calling or emailing Katlyn Stevenson, 615-867-7244, kstevenson@murfreesborotn.gov

Make Music Workshops

Don't let the colder months be boring! Bring your child and watch them engage with all kinds of instruments. We have keyboards, drums, shakers, ukuleles, maracas and more which will be used for games and music-making plus kids will get the chance to make an instrument. Let's make music! Call Katlyn 615-867-7244, to register.

Ages: 2-5
Dates: January 16, February 20, March 20
Days: Tuesdays
Time: 10-10:45am
Location: McFadden Community Center
Fee: \$3
Contact: RSVP by calling or emailing Katlyn Stevenson, 615-867-7244, kstevenson@murfreesborotn.gov



Discover Art

Art Workshop series for little artists ages 3-5 and their caregivers. This series of workshops is designed for little minds and big hands working together in exploring visual art. These sessions teach parents and caregivers new ways to engage your child's curiosity with art



through experimental projects that could easily be recreated at home to be enjoyed over and over again. All children must be accompanied by an adult as these activities will be as much for the caregivers as they are for the children. All participants, adults included, should come dressed in painting clothes! Messes will be made! Advanced registration required.

Ages: 3-5
 Day: Wednesdays
 Time: 10:00am – 11:00am
 Dates: December 6th: G is for Giraffe: Caregivers and children will learn about the letter 'G', giraffes, and how to draw and cut out shapes to create art!
 January 3rd: Rainbow Train: We'll be learning all about the colors of the rainbow and making a unique paint creation!
 February 7th: Favorite Foods: The children will discuss their favorite foods and will learn how to make art that looks almost good enough to eat!
 Fee: \$3 per class, per student
 Location: McFadden Community Center
 Contact/register: Mai Hamric, 615-867-7244, mhamric@murfreesborotn.gov

Afterschool Art!

Learn about art in a hands-on learning environment and create art in a variety of mediums! Each week we explore a variety of art processes and techniques including painting, drawing, printmaking, sculpture, and more. Come any time during the semester. Each week is a new lesson, and missing a week will not make you behind.

Ages: 1st grade and up
 Date: December 4, 11, January 8, 22, 29, February 5, 12, 26
 Day: Mondays
 Times: 4pm-5pm
 Fee: \$3.00 per class, per student
 Location: The Dining Room at Patterson Park Community Center
 Contact: Mai Hamric, 615-867-7244, mhamric@murfreesborotn.gov

**Homeschool Creativity Class**

A weekly art class to supplement Homeschooling curriculum! Learn about art in a hands-on learning environment, and create art in a variety of mediums! Each week we explore a variety of art processes and techniques including painting, drawing, printmaking, sculpture, and more. Come any time during the semester. Each week is a new lesson, and missing a week will not make you behind. Registration is not required.

Ages: All (6 and under may require parent, guardian, or older sibling to help them with the project)
 Date: December 6, 13, January 10, 17, 24, 31, February 7, 14, 21
 Day: Wednesdays
 Times: 2:00pm-3:00pm
 Fee: \$3.00 per class, per student
 Location: McFadden Community Center
 Contact: Mai Hamric, 615-867-7244, mhamric@murfreesborotn.gov

**Special Program from the Murfreesboro Photographer Laureate: KIDS PHOTOGRAPHY 101**

Photography has been an exciting and valuable medium for communication, documentation, and expression for 2 centuries. Kids Photography 101 will give participants experience with both the technical and creative elements of photography. We will begin with the history of photography and camera basics. From there we will explore settings, light, composition, and artistic elements. Participants will complete activities to reinforce class material and have the opportunity for a final free study and exhibit. Students will need a camera and ability to download and share images online. Cameras can be DSLRS, point and shoot or a phone camera.

Ages: 13-17
 Days: Tuesdays
 Dates: January 2, 9, 16, 23, 30, & February 6
 Time: 6:00pm – 7:00pm
 Location: Patterson Park Community Center
 Fee: \$10 material fee
 Contact: Mai Hamric, 615-867-7244, mhamric@murfreesborotn.gov



PERFORM MURFREESBORO

JOIN US FOR
A NIGHT OF
CELEBRATION
AS WE
REVEAL OUR
BIGGEST
SEASON YET!

30TH SEASON REVEAL!

THIS YEAR WE ARE REVEALING OUR
SEASON AT 7PM BEFORE OUR SATURDAY
PERFORMANCE OF WILLY WONKA KIDS,
WHICH MEANS ON MARCH 3RD- YOU'LL
GET TWO SHOWS FOR THE PRICE OF ONE!

WWW.TICKETPEAK.COM/PERFORMMURFREESBORO
THE WASHINGTON THEATRE AT PATTERSON PARK
MARCH 3RD 2018 // 7PM // MUST HAVE TICKET

Christmas at Cannonsburgh Village

Christmas at Cannonsburgh is an event intended to celebrate an Old-Fashioned Christmas. Pictures with Santa, hot apple cider and a hayride will be featured during this event. Santa in the Lion's Club Building and a hayride will be the main entertainment. This is an outdoor event so bundle up and come enjoy the day.

Ages: All ages
 Dates: December 2, 2017
 Days: Saturday
 Time: 10a.m.-3p.m.
 Location: Cannonsburgh Village
 Fee: Free admission, but there's a fee for pictures with Santa.
 Contact: Cannonsburgh, 615-890-0355, shodges@murfreesborotn.gov



Valentine Tea

Celebrate the day of love in our 1800s Leeman House. Dress in your Valentine attire and come for refreshments and a themed craft. Reservations required. Space is limited.

Ages: 7 and up
 Date: February 8, 2018
 Day: Thursday
 Time: 4p.m. - 6p.m.
 Location: Cannonsburgh Village
 Fee: \$2.50 per person
 Contact: Cannonsburgh, 615-890-0355, shodges@murfreesborotn.gov



Artist Night at the Museum

Spending time with your friends or family enjoying live music, spoken word, different styles of dance, and appreciating artwork is a great way to bond. Shared creative experiences will become memories that can last a lifetime. Please join us once a month on Sunday for our Artist Night at the Museum.

Ages: Adults
 Dates: December 17, January 28 & February 25
 Fee: Free
 Time: 7:30pm
 Location: Bradley Academy Museum & Cultural Center
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov



Come on caller.... Make me holler... Bingo!

Come out, and bring a friend. Prepare to have a great time and build new friendships every 2nd and 4th Tuesday of each month for Bingo. You will meet people in your community who enjoy a friendly competition as you compete for various prizes. Grand prizes will be given out at the end.

Ages: Adults and Seniors
 Days: 2nd and 4th Tuesdays of each month (only the 1st Tuesday in December)
 Dates: December-February
 Fee: \$3.00 adults/ \$2.00 seniors
 Time: 10:00a.m. -11:00a.m.
 Location: Bradley Academy Museum & Cultural Center
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov



History Books on Screen Book Club Discussion

Express your views in a group roundtable discussion! Have you ever wondered about a book you read or even a screenplay that you saw? Well, here's your opportunity to join in on the discussion with your opinions and others' opinions in our Bradley Academy Museum Book Club. You will get one book each month, and we will meet twice a month allowing everyone an opportunity to get a better understanding, before watching the screenplay on the 4th Tuesday. Knowledge is power!

Ages: Adults and Seniors
 Days: 2nd & 4th Thursdays
 Dates: January & February
 Fee: \$3.00 adults/ \$2.00 seniors /light refreshments will be provided
 Time: 5pm -6:30pm
 Location: Bradley Academy Museum & Cultural Center
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov



Feud at the Museum

One host and two teams, each comprised of five members, who try to match the answers given to survey questions asked to groups of people (typically 100 people in the group). The team that wins the game by being the first to reach a certain point total, a team trophy, and bragging rights.

Ages: Adults
 Dates: February 15 & 22
 Fee: Team Entry \$25
 Time: 6pm-8pm
 Location: Bradley Academy Museum & Cultural Center
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov

Night at the Museum (Lock in)

Calling all teenagers! Come explore the museum at night. We will take a tour of the museum after dark. Play games, watch movies, create art and so much more. We have so many scavenger hunts and exciting things for you around every corner.

Ages: 13-17 years
 Dates: January 4
 Fee: \$10 per youth
 Time: 7:00pm-7:00am
 Location: Bradley Academy Museum & Cultural Center
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov

A Night of Thanks

Harvey MacKay states:

"None of us got to where we are alone. Whether the assistance we received was obvious or subtle, acknowledging someone's help is a big part of understanding the importance of saying thank you!" At Patterson Park, our afterschool program would not

be successful without the support of our many community partners. This is a time we say thanks for their sacrifice and service they render on a continuous and consistent basis. This will be a banquet format. We will also have the Second Annual Presentation of the Dexter Hurd Impact Award.

Date: Monday, December 18
 Time: 6:00 p.m.
 Fee: Free
 Location: Patterson Park Community Center
 Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreeborotn.gov



Valentine's Sweethearts Dance

Excitement is in the air as the Patterson Park Community Center Programming Department presents the Valentine's Sweetheart Dance. The night will be filled with music, food, and fun for everyone. Bring a friend, or bring a date to celebrate Valentine's 2018 at Patterson Park Community Center.

Ages: 8-17
 Date: Saturday, February 17th
 Time: 5 pm-7 pm
 Fee: Free
 Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreeborotn.gov



Murfreesboro City Schools African American Cultural Night

Patterson Park Community Center partners with the Murfreesboro City Schools to celebrate African American culture. Every year we involve city school students, art, authentic food, music, and an educational interactive performance about local history of African American culture. Come celebrate culture and history with the community's youth. Culture is for everybody!

Date: Thursday, January 25, 2018
 Time: 4:00 p.m. – 7:00 p.m.
 Fee: Free
 Location: Patterson Park Community Center
 Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreeborotn.gov

Black History Past, Present, and Future

Please join us as we celebrate Black History Past, Present, and Future. We will be celebrating all month the culture and history of African Americans. During this event we will have several displays of inventions created by African Americans. On February 4th, you will be able to embrace the entire culture with music, authentic dishes, and history.

Ages: All
 Date: February 3, 2018
 Day: Saturday
 Fee: Free
 Time: 11:00 a.m. -3:00 p.m.
 Location: Bradley Academy Museum & Cultural Center
 Contact: Vonchelle Stembridge, 615-962-8773, vstembridge@murfreesborotn.gov

Black History Program

In the United States, the month of February is observed as Black History Month or National African American History Month. We use this month to remember the important contributions and achievements of African Americans throughout our nation's history. The celebration can be felt locally, nationally and worldwide as many organizations, cities, states and countries host events that educate on the rich culture, and memorable figures of African American history. We will also acknowledge some of our local African American heroes and their contributions.

Date: Saturday, February 3, 2018
 Time: 3:00p.m.- 5:00p.m.
 Fee: Free
 Location: Patterson Park Community Center
 Contact: Gernell Jenkins, 615-893-7439, gjenkins@murfreeborotn.gov



Wild Things

Welcome to the Wilderness!

Introduce your child to the wonders of nature in this fun-filled class designed just for them. Each week the adventure starts with unique songs and a discussion about the animal of the week. We reinforce each topic with a simple craft and a nature hike or fun activity. Join us each Wednesday, and learn about the wonderful, wacky wildlife that lives in Tennessee. Registration is required. Please call the Tuesday before class to register.

Ages: 1 – 4 years with adult
Day: Wednesdays
Times: 9:30 a.m. (Call on the Tuesday before for reservations.)
Location: Wilderness Station
Fee: \$3.00
Contact: Wilderness Station, 615-217-3017. Registration required.



Birthday Parties

Have your child's next birthday party at the Wilderness Station.

Choose one of our exciting nature-themed programs led by a park naturalist. Visit our website for full descriptions, pricing, and scheduling at www.murfreesborotn.gov/parks under Wilderness Station.



Silly Grandpa Concert

Come join in the silliness at the Wilderness Station since we have invited Silly Grandpa to play a concert. Sing, clap, and dance along to Silly Grandpa's fun and entertaining songs.

Ages: All
Date: Saturday, January 20, 2018
Time: 10:00 a.m.
Location: Wilderness Station
Fee: Free
Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov

Winter Wonderland Party for Preschoolers

Don't let your preschooler get the wintertime blahs. Instead, come to the Wilderness Station for a wintry, wondrous celebration. We will read "The Mitten" by Jan Brett and play, explore, and discover the native animals that make this story fun. Also, we will have games and a craft.

Registration Required.
Ages: 3 – 5 years
Dates: Saturday, February 10, 2018
Time: 10:30 a.m.
Location: Wilderness Station
Fee: \$3.00
Contact: Wilderness Station, 615-217-3017, hmullican@murfreesborotn.gov



Owl Wisdom

What is your owl IQ? Join us as we take a look at these amazing animals and unlock some interesting facts. Then roll up your sleeves and dissect an owl pellet to see what was for dinner. It's gross but so much fun!

Registration Required.

Ages: 8 - 12 years
Date: Saturday, January 6, 2018
Time: 2:00 p.m.
Location: Wilderness Station
Fee: \$5
Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov



Earth Lab – Now Open!

Did you know that katydids have ears in their front legs or that a woodpecker can peck 20 times per second? I bet you know spiders have 8 legs but did you know they have 48 knees? The Earth has many amazing creatures to learn about and study and now you can enjoy exploring these topics in our Earth Lab. Each month we will have a new topic with fun and exciting activities for kids ages 4 – 9 to discover on this self-led adventure. It's great for homeschoolers or as an afterschool treat.

December – Animals in Winter
January – A Winter Nature Study
February – Birds in Winter
Ages: 4 – 9 years
Day: Wednesdays 12:00 p.m. – 5:00 p.m.
Location: Wilderness Station
Fee: Free
Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov



Bird Club

Join us for a monthly walk as we search together for resident birds of Tennessee. Murfreesboro's Bird Club welcomes all levels of experience, and we encourage anyone who is interested in birds or bird behavior to join us. Please bring your own binoculars if you have them. We will have a few to lend out on a first-come, first-serve basis.

Ages: 6+
Time: 9:00 a.m.
Dates and Locations:
Saturday, December 16- Nickajack Wetlands
Saturday, January 13- Gateway Island
Saturday, February 17- Wilderness Station (Great Backyard Bird Count)
Fee: Free
Contact: Heather Mullican, 615-217-3017, hmullican@murfreesborotn.gov



Great Backyard Bird Count (GBBC)

Join us for the Great Backyard Bird Count. Anyone can take part in the Great Backyard Bird Count, from beginning bird watchers to experts. Each checklist submitted during the GBBC helps researchers at the Cornell Lab of Ornithology and the National Audubon Society learn more about how birds are doing, and how to protect them and the environment we share. Please bring your own binoculars if you have them. We will have a few to lend out on a first-come, first-serve basis.

Ages: 6+
Time: 9:00 AM
Date: Saturday, February 17, 2018
Location: Wilderness Station
Fee: Free
Contact: Heather Mullican, 615-217-3017, hmullican@murfreesborotn.gov

Teachers, Homeschoolers, and Scouts Field Trips and Field Studies for Your Group:

We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements.

Contact Rachel Singer for a complete list of programs and locations at 615-217-3017 or rsinger@murfreesborotn.gov. You can also check out our website at www.murfreesborotn.gov/parks under Wilderness Station.



FREE Backpacks for Education!

The Greenway and Wilderness Station offer free educational backpacks for morning and afternoon checkout. These backpacks are a great way to introduce your children or students to nature. Whether you're a teacher or interested parent, our educational backpacks offer fun and learning to children of all ages. Each backpack has a theme and includes specific learning material and programs surrounding the theme. The themes are: Birds, Trees, Insects, and Wildflowers. So pick your favorite subject and get outside to explore and learn about Tennessee's beautiful wilderness. Backpacks may be checked out at the Wilderness Station at Barfield Crescent Park.

Post-Holiday Hikes

How many of us indulged in a few too many pieces of fudge or a couple extra helpings of dressing and gravy? Don't despair! We'll hike off those unwanted pounds. Join us weekly in January and February for staff-led hikes on the beautiful back country trails. Hikes will last an hour to an hour and a half.

Ages: Adults
Day: Thursdays in January and February – starting January 4
Time: 10:00 a.m.
Location: Wilderness Station
Fee: Free
Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov.

Post-Holiday Greenway Walks

Come and walk off the unwanted holiday pounds! Join us weekly in January and February for staff-led walks on the beautiful Murfreesboro Greenway. Hikes will last an hour to an hour and a half.

Ages: Adults
Day: Tuesdays in January and February
January 2 – Thompson Lane Trailhead
January 9 – General Bragg Trailhead
January 16 – Manson Pike Trailhead
January 23 – Cannonsburgh Trailhead
January 30 – Old Fort Park Trailhead
February 6 – Gateway Island Trailhead
February 13 – Cason Trailhead
February 20 – Central Valley Trailhead
February 27 – Barfield Park Paved Trails– Meet at Wilderness Station
Time: 10:00 a.m.
Location: Listed above, changes weekly
Fee: Free
Contact: Wilderness Station, 615-217-3017, outdoorMurfreesboro@murfreesborotn.gov

Wildlife Painting

Unleash your inner artist! Join us at the Wilderness Station for an artist-led paint-a-long. Have fun, and let the paint flow as an instructor leads you step-by-step through the painting process. The subject matter of the paintings will be wildlife/nature based and will be great for all skill levels. So come on out and get creative! Class will be held inside, so don't let the weather scare you away. Space is limited, and reservations are required. All materials are provided.

Ages: Adult (13 and up)
Date: December 16
Day: Saturday
Time: 10:00 a.m. – 12:00 p.m.
Fee: \$15.00
Location: Wilderness Station
Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov.



Music in the Wild

Warm up inside the Wilderness Station as we welcome the band Runaway Home back to the park. Runaway Home is a Panoramic-Americana band founded by two intrepid dreamers and schemers who share a love for music and the places it takes us all. Pulling from diverse musical backgrounds, Runaway Home blends their sound whiskey-smooth and harmonically strong, with a plaintive and rootsy edge. We will be serving some of our delicious bird-friendly coffee that will be perfect to sip on while enjoying live music and the company of friends, new and old.

Ages: All
Date: Saturday, January 27, 2018
Time: Doors open at 5:30; music is 6:30 p.m. to 8:30 p.m.
Location: Wilderness Station
Fee: Free
Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov.



New Year's Day 5k

Start the New Year off on the right foot with the 3rd annual New Year's Day 5k! All fitness levels welcome. Register early to be guaranteed a souvenir shirt (by Dec. 10). Every finisher will receive a medal, and awards will be given to overall finishers and age group winners.

Ages: All
Date: January 1, 2018
Time: 11:00 a.m.
Fee: \$25 preregistration through December 27, 2017
Location: Barfield Crescent Park
Contact: Melinda Tate, 615-893-2141, mtate@murfreesborotn.gov
For more information and to register: www.murfreesborotn.gov/parks



Raptor Day

Learn about Tennessee's fabulous birds of prey and bird watching. A local raptor educator and falconer will bring several species of birds of prey so that visitors can see them up close. Talks and children's activities will take place throughout the event. Come out to learn about these amazing creatures of the sky.

Ages: All
Date: Saturday, February 17, 2018
Time: 11:00 a.m. – 2:00 p.m.
Location: Wilderness Station
Fee: Free
Contact: Wilderness Station, 615-217-3017, outdoormurfreesboro@murfreesborotn.gov
Reservation required.

Holiday Woodworking for Wildlife

Come and create beautiful and unique holiday gifts that are helpful to wildlife! Learn how to attract birds to your home while building a cedar birdhouse or birdfeeder. After you build, you will learn to paint unique flowers, trees, butterflies, etc., on your masterpiece. INCLUDES all materials and paints. Reservations are required one week prior to the class.

Ages: 13 to Adult
Dates: Friday, December 1, at 6:00 p.m. (birdhouse) & Friday, December 8, at 6:00 p.m. (birdfeeder)
Fee: \$25 per class (includes all materials)
Location: Wilderness Station
Contact: Wilderness Station, 615-217-3017, dthomas@Murfreesborotn.gov



Gateway Island Open House

Perfect for a small wedding, a company retreat or a family reunion, the Gateway Island is a beautiful venue conveniently located near shopping, hotels and our Greenway. Check out this little paradise hidden in our city!

Date: Saturday, February 10, 2018
Time: 1:00 – 4:00 p.m.
Fee: Free
Location: Gateway Island Reception Center
Contact: Greenway Office: 615-893-2141



Greenway Beautification

Is your group or organization looking for a community volunteer project? Do you use the Greenway frequently and want to give back to the community? Cleaning up the Greenway is a project in which participants of all ages can participate. We provide the supplies. Call the Greenway Office at (615) 893-2141 to schedule a Greenway cleanup customized to your group's availability.



PATTERSON PARK GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Metabolic Burn 8:30 - 9:30a.m.	AM Bootcamp/Adult Gym Yoga/ Exercise Studio 8:30 - 9:30a.m.	Metabolic Burn 8:30 - 9:30a.m.	AM Bootcamp/Adult Gym Yoga/ Exercise Studio 8:30 - 9:30a.m.	Body Sculpt 8:30 - 9:30a.m.	
Forever Fit 9:35 - 10:35a.m.	Zumba 9:35 - 10:35a.m.	Forever Fit 9:35 - 10:35a.m.	Zumba 9:35 - 10:35a.m.	Forever Fit 9:35 - 10:35a.m.	Saturday Surprise 9:05 - 10:05a.m.
Yoga 4:20 - 5:20p.m.	Zumba 4:30 - 5:30p.m.	Yoga 4:20 - 5:20p.m.	Zumba 4:30 - 5:30p.m.	Yin Yoga 1:00-2:00p.m.	
Step-n-Sculpt 5:30 - 6:30p.m.	Thrash & Bash 5:35 - 6:35p.m.	Step-n-Sculpt 5:30 - 6:30p.m.	Cardio Kickboxing 5:35 - 6:35p.m.	Mixed Fit 5:30-6:30pm	
Yoga 6:40 - 7:40p.m.	Burn 2.0 6:40 - 7:40p.m.	PiYo 6:40 - 7:40p.m.	Yoga 6:40 - 7:40p.m.		

AM Boot Camp

Challenge yourself to excel above average! This class mixes calisthenic and body weight exercises with interval training and strength training. Personal modifications given, if needed.

Body Sculpt

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, stability balls and weights.

Burn 2.0

The Metabolic class you know and love with a little more burn. Heavier weights, fewer repetitions, and active rest with short bouts of cardio.

Cardio Kickboxing

Cardio Kickboxing is a combination of aerobics, boxing and martial arts. This total-body workout can improve strength, cardiovascular fitness, flexibility, coordination and balance.

Forever Fit

Specifically designed for men and women over 50. This class will improve your cardiovascular capacity, and muscle strength, as well as your flexibility.

Metabolic Burn

Short intense bouts of strength and cardio training followed by short periods of rest. This style of training helps the body burn calories and fat throughout the day.

Mixed Fit

High intensity dance fitness with explosive moves!

PiYo

A combination of Pilates and Yoga. This class incorporates flexibility, strength, balance and core conditioning. A bit more athletic than traditional Yoga, but a guided relaxation element

is part of this class

Saturday Surprise

Get the workout you want! This class will vary each week depending on instructor and participant input.

Step-N-Sculpt

Have fun while giving your heart a great workout, and then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

Thrash & Bash

A full body cardio workout infused with isometric movements and strength training, using “drumming” motions and rhythms! Connect to your inner ROCK STAR!

Yin Yoga

A quieter practice focusing on opening the joints by stretching the connective tissue. Through long holds and deep breathing, this meditative practice will help you reset your mind and body.

Yoga

A great way to wind down. Focuses on improving your balance and flexibility, while at the same time reducing stress. For beginning and intermediate levels.

Zumba

Ditch the workout...join the party! Zumba is a dynamic and FUN dance-based fitness program for everyone! It fuses Latin rhythms with international music themes and combines the principles of interval training and resistance training to maximize caloric output, fat burning and total body toning. All fitness levels are welcome.



SPORTS*COM GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga (Studio B) 7:30-8:30a.m.		Yoga (Studio B) 7:30-8:30a.m.			
Zumba 8:15 - 9:15a.m.	Core Energy 8:00 - 9:00a.m.	Zumba 8:15 - 9:15a.m.	Core Energy 8:00 - 9:00a.m.	Zumba 8:15 - 9:15a.m.	Step/Tone 8:30 - 9:30a.m.
Retro Fit (Studio B) 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro Fit (Studio B) 9:15-10:00a.m.	Total Body 9:15-10:15a.m.	Retro Fit 9:15-10:00a.m.	
Tumbleweeds* 10:15-11:00a.m.	Tai Chi 10:30-11:15a.m.	Tumbleweeds* 10:15-11:00a.m.	Tai Chi 10:30-11:15a.m.		
Total Body 5:15-6:15p.m.	Step/Tone 5:15-6:15p.m.	Zumba Toning 5:15-6:15p.m.	Total Body 5:15-6:15p.m.	Metabolic Burn 5:30-6:30p.m.	
	Yoga (Studio B) 6:00 - 7:00p.m.	Mixed Fit 6:30-7:30	Yoga (Studio B) 6:00 - 7:00p.m.		
	Zumba 7:00-8:00.m.				

Core Energy

This class concentrates on stabilization, alignment and core strength. Consists of standing moves and floor work with significant abdominal lower back work.

Kickboxing

A combination of aerobics, boxing, and martial arts that can improve strength, cardiovascular fitness, flexibility, coordination and balance.

Metabolic Burn

Short intense bouts of strength and cardio training followed by short periods of rest. This style of training helps the body burn calories and fat throughout the day.

Retro-Fit

This is a weight-lifting class a notch or two easier than our regular Total Body classes. Perfect for beginners and older clientele; consists of basic moves focusing on strength and flexibility.

Step & Tone

This class consists of basic and not-so-basic moves using a traditional aerobic step. Designed for most fitness levels, it consists of moderate to high impact cardiovascular movements and may include additional toning and abdominal exercises.

Tai Chi

Based on an ancient Chinese discipline, this class consists of slow movements, gentle postures and relaxed minds and bodies. Perfect for all ages and levels, consists of standing and moving postures.

Total Body

This is a nonstop workout that uses dumbbells, body bars, balls, steps, and body weight to help develop the lean muscle tissue needed for a toned physique.

Tumbleweeds*

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. Ages 3-5 only. You must call the morning of class to reserve your spot—space is limited.
*Registration DAY OF REQUIRED.

X-Press

30 minutes of straight weight-lifting joy. A perfect quickie workout or complement to your regular routine (or our running club).

Yoga

The class focuses on improving balance and flexibility, as well as assisting in stress reduction. For beginning and intermediate levels.



Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance. Zumba toning adds the challenge of light weights for some of the moves. Zumba Step takes your moves up a level onto a short step platform. *Zumba Toning* adds the challenge of light weights for some of the moves. *Zumba Step* takes your moves up a level onto a short step platform.



Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot—space is limited.

Ages: 3-5
Days: Mondays & Wednesdays
Time: 10:15-11:00 a.m.
Location: Sports*Com Aerobic Room
Fee: \$3.00 or Facility Pass. Preregistration is required.
Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov

FITMommy Workout

This program is designed for moms with little ones. The class includes cardio, strength, flexibility and balance training for a total body workout.

Day: Wednesdays
Dates: January 3 - February 2, 2018
Time: 9:30-10:15 a.m.
Location: Patterson Park Community Center
Fee: \$4.00 or Facility Pass
Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov

FITMommy Yoga

This interactive yoga practice includes infant massage techniques, exercises to reclaim the core, and a grounding practice specifically for the postpartum body. The format is most conducive for mothers and babies from 6 weeks to super crawling and appropriate for all yoga experience levels.

Day: Fridays
Dates: January 3 - February 2, 2018
Time: 9:30-10:15 a.m.
Location: Patterson Park Community Center
Fee: \$4.00 or Facility Pass
Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov

Superhero Training Class

Do you have what it takes to be a superhero? Come to our training class, and we'll get you into life-saving form. You'll kick, punch, run, jump, roll and get yourself into super shape. Registration is required, as space is limited. Registration begins on the Friday before the class.

Ages: 3 to 6
Date: February 3
Day: Saturday
Time: 10:30-11:45 a.m.
Location: Sports*Com Group Exercise Room
Fee: \$3.00 or Facility Pass—
You may not call before Fri. 2/2 to reserve your spot.
Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov



Busy Bees

This toddler class focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship.

Ages: 3-5
Days: Tuesdays and Thursdays
Dates: Ongoing
Time: 10:45-11:15 a.m.
Location: Patterson Park Community Center
Fee: \$3.00 or Facility Pass
Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov



KidFIT

Movers and Shakers

This parent participation class is designed to get you and your little one moving! Focus on playing with others, gross motor skills and having fun. Class size is limited. Please call to register.

Ages: 1-3 years
Days: Wednesday and Friday
Dates: Ongoing
Time: 10:30-11:00 a.m.
Location: Patterson Park Community Center
Fee: \$3.00 or Facility Pass. Preregistration is required.
Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov

Twist and Shout

Children run, jump, and play while learning important skills such as balance, coordination, listening, and taking turns. Designed to make fitness fun! Class size is limited. Please call to register.

Ages: 3-5 years
Days: Wednesday and Friday
Dates: Ongoing
Time: 11:05-11:45 a.m.
Location: Patterson Park Community Center
Fee: \$3.00 or Facility Pass. Preregistration is required.
Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov



Homeschool PE Class

Our Homeschool PE classes are designed for ages 6-15 and consist of various physical education activities while promoting good health, sportsmanship, group participation and socialization. We now have 2 classes. HSPE I and HSPE II. Each class is limited to 20 participants . You MUST call 615-893-7439 to reserve your spot.

Ages: 6-13
Days: Tuesdays and Thursdays
Dates: January 9th thru May 24th (If City Schools are out, no HSPE.)
Time: HSPE I 12:00-12:50
Fee: \$3.00 or Facility Pass
Time: HSPE II 1:00-1:50
Fee: \$50 per semester \$10 sibling discount
Location: Patterson Park Community Center (Youth Gym)
Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov



Sports*Com M.A.T.H. Program

Movement adds up to good health and we are here to help you achieve the best health you can. Sign up for our M.A.T.H. program and track your workouts. Log 100 points of movement and receive a Sports*Com t-shirt. Exercises done on own during regular business hours. Normal entry fees for activities apply.

Ages: All ages
Date: Registration January 1-31.
Time: Exercises done on own. Normal facility fees apply.
Location: Sports*Com
Fee: \$10 program fee
Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov



AM Boot Camp

Whatever you do in life, we can help you do it better! A high-intensity program designed to increase overall muscle endurance, strength and to help you shed unwanted pounds. This workout alternates strength training exercises with aerobic activities to give you two workouts in one. AM Boot Camp combines intervals of cardio drills and conditioning exercises to provide you with the ultimate circuit workout for optimal fat burning.

Ages: 16 & up
Dates: Ongoing
Days: Tuesdays and Thursdays
Time: 8:30am - 9:30am
Location: Patterson Park Gymnasium
Fee: \$4.00 or Facility Pass
Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov



Martial Arts

Have you ever wanted to get in shape, gain self-confidence, learn self-defense, increase flexibility, and have a great time? Join Bryan in the Patterson Exercise Studio for Martial Arts.

Ages: All
 Dates: Ongoing
 Days: Tuesday & Thursdays
 Time: 7:40pm – 8:40pm
 Location: PPCC Exercise Studio
 Fee: Contact Bryan
 Contact: Bryan Todd, 615-584-1024



Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages: 15 and up
 Dates: Ongoing
 Days: Fridays and Saturdays
 Time: Friday 7:00 am-8:00 a.m.
 Saturday Beginners 10:30 a.m.- 11:30 a.m.
 Saturday Intermediate 11:30 a.m. – 12:30 p.m.
 Location: Patterson Park Exercise Studio
 Fee: Contact Bret Hawkins
 Contact: Bret Hawkins, 615-895-4932, Bretkeithhawkins@att.net



Group Training

We know that fitness is a journey, and we want to help you along the path to becoming a better you. We also know that fitness can be very confusing. With an assortment of conflicting books, ideas, and schools of thought on the market, who can keep it straight? We will help you sort through it all, and guide you down the path toward enhancing your lifestyle. We offer semi-private training for those who like working with a partner or friend or for those people who get more out of their workout by competing. Semi-private or group training is typically 2-4 people with one trainer. Common group dynamics are friends, husband-wife, siblings, mother-daughter and father-son. Semi-private training is more cost-effective than the traditional 1:1 training.

Ages: 16 & up
 Dates: Ongoing
 Location: Patterson Park
 Fee: \$120.00 for 8 sessions per individual
 Contact: Chad Hill C.S.C.S., 615-893-7439, chill@murfreesborotn.gov



Additional Personal Trainers

These trainers work for our department on a contract basis. Their fees are different from but comparable to our trainers' costs.

Bret Hawkins: For more information on fees and schedules, contact Bret, 615-895-4932, bretkeithhawkins@att.net, or Bret Hawkins Personal Fitness Trainer on Facebook.

Todd Gober: For more information on fees and schedules, contact Todd, 615-238-5770.

New Year, New You

Don't just start the New Year off right; keep it up all year round. These quarterly classes will target those problem areas that greatly affect daily life, but most don't know how to fix. By the end of the year, your body will be balanced, strong, flexible and better than ever. All classes may include mat/floor work, stretching, body weight exercises, light weights, bands, foam rollers and massage balls.

1st Quarter: (Jan-March): Pelvic Health: this class will focus on increasing the strength and mobility of the hips and pelvic floor.

Ages: Adults
 Date: Mondays
 Jan/Feb.Mar: Pelvic Health
 Apr/May/June: Back
 July/Aug/Sep: Foot Health
 Oct/Nov/Dec: Myofascial Release
 Time: 10:15a.m.
 Location: Sports*Com
 Fee: \$4 or Facility Pass
 Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov

Walk the Year Away

Walking is one of the easiest and cheapest ways to be active and fit, but it can also be lonely and hard to know where to go. Let us help you out. Join us each week for a group walk at one of the trailheads in the Murfreesboro Greenway System. We plan on doing a different trailhead each month, so by the end of the year, you'll have a taste of what each one has to offer and know where you want to take your walks in the future. We will walk 25 minutes in and 25 minutes back each walk. Walks will be canceled by Murfreesboro Parks and Recreation Dept. if the Murfreesboro City Schools are closed due to inclement weather. Make-up walks will occur on Fridays at 9am . Check out our Facebook page for up-to-date information when in doubt.

Ages: All ages
 Date: Wednesdays
 Time: 9am.
 Location: January: Thompson Lane Trailhead :2240 N. Thompson Ln.
 February: W. College Street Trailhead: 1902 W. College St.
 Fee: Free
 Contact: Allison Davidson, 615-895-5040, adavidson@murfreesborotn.gov



9th Annual Breakfast with Bob

At Sports*Com, we know it's difficult staying motivated to exercise during the holidays so ...we want to reward everyone for their exercise commitment during this busy time with the opportunity to have Breakfast with Bob! Instructions: We will be charting your visits to the Sports*Com weight room or track starting Monday, December 18, through Tuesday, January 2. (2-week holiday workout period.)

*If you exercise 2 times during the 2-week holiday period, Bob will shake your hand.

*If you exercise 5 times during the 2-week holiday period, Bob will shake your hand, pat your back and say, "Good effort" with minimal feeling.

*If you exercise 8 times during the 2-week holiday period, Bob will shake your hand, pat your back and say, "Good job," adding emotion to his voice. He will also give you a breakfast bar, but he can't stick around to eat it with you.

*If you exercise 11 times during the 2-week holiday period, you will receive a special invitation to attend Breakfast with Bob! During this special event, Bob will personally tell everyone, "Great Job" with genuine excitement!

Age: Adults (age 16 +)
 Date: Registration: Begins Monday, December 18
 Please register at the Sports*Com weight room sign-in desk.
 2-week Holiday workout period begins:
 Monday, December 18 and Ends Tuesday, January 2.
 Excluding Christmas and New Year's Day–Sports*Com is closed.
 Friday, January 19– Breakfast with Bob – **invitation only**
 Location: Sports*Com Weight Room and Track
 Fee: Facility Pass
 Contact: Jennifer Joines, 615-895-5040, jjoines@murfreesborotn.gov



Speed Training for Runners

6 weeks of speed training. Improve your technique and increase your speed.

Days: Monday and Wednesday
 Dates: February 5 – March 14
 (No class Feb. 19 Presidents Day.)
 Time: 6:05 a.m.-6:35 a.m.
 Location: Patterson Park Gym
 Fee: Facility Pass
 Contact: Jennifer Joines, 615-895-5040,
 jjoines@murfreesborotn.gov



Pi-Yo for Runners

4 weeks of training designed to



improve strength and flexibility - helpful in reducing seasonal running injuries.

Days: Monday, Wednesday, Friday
 Dates: January 3 – January 31 (No Class Martin Luther King Day Jan 15.)
 Time: 6:05 a.m.-6:35 a.m.
 Location: Patterson Park
 Fee: Facility Pass
 Contact: Jennifer Joines,
 615-895-5040,
 jjoines@murfreesborotn.gov



The Coffee Marathon

Here's how it works: Buzz by each of the seven participating coffee shops and walk or run all seven routes. (You choose one per week; one per day; or all in one day). Each time you walk or run a route, ask the participating coffee shop to sign your passport. After completion all seven routes, bring your signed passport to Sports*Com for your commemorative coffee mug and car decal.

You earned it!

Participating locations:

1. Sports*Com Coffee Stop 2310 Memorial Blvd.
2. Wilderness Station at Barfield Crescent Park 301 Volunteer Rd.
3. Sylvan Park Restaurant
4. Just Love Coffee Roasters 129 MTCS Dr.
5. Simply Pure Sweets 118 Walnut Street
6. City Café 113 East Main Street
7. Mystery Cafe

Age: All ages
 Date: January 1– March 31
 Registration begins January 1 at the New Year's Run.
 Fee: \$25.00, runsignup.com- register: online only
 Contact: Jennifer Joines, 615-895-5040, jjoines@murfreesborotn.gov



Wellness Services offered by Sports*Com and Patterson

Fitness Assessments--\$35.00

This is a 45-minute test measuring cardiovascular fitness, muscle strength, flexibility and body fat percentage. Advanced scheduling is mandatory.

Cholesterol Testing--\$25.00

This is a blood lipid panel test performed by an off-site lab (Quest Laboratories). Purchase of this test is available ONLY at Sports*Com.

Personal Training

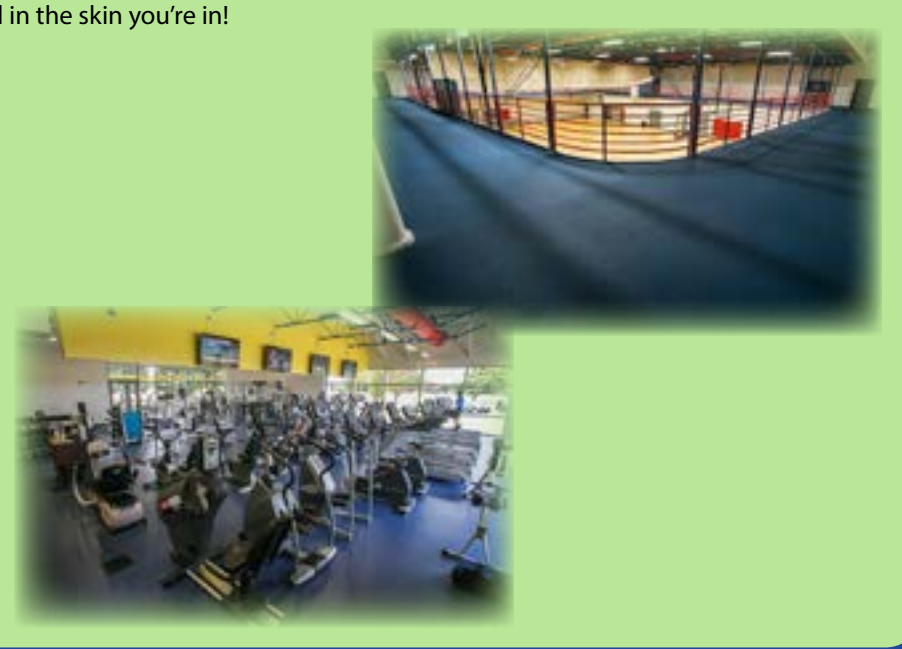
Now is the time for your lifestyle to promote fitness, health, and well-being. Take a step in the right direction by hiring your own personal trainer.

Here are 10 reasons a personal trainer may be right for you.

1. Motivation- Certified personal trainers can provide structure and accountability, and help you develop a lifestyle that encourages health.
2. Individualized program- If you have any chronic health conditions, injuries or training goals, a trainer can work with you to plan a safe, efficient program that considers these needs and enables you to reach your health goals.
3. Efficiency- Personal trainers help you to focus on results and to stop wasting your time doing inefficient workouts. A personal trainer will help you get maximum results in minimum time.
4. Improve technical skills- A personal trainer can incorporate skills training into your program so you improve your strength, endurance, agility and mental focus.
5. You are new to exercise- A trainer will introduce you to a simple, effective routine so you will have the confidence and knowledge to adhere to a regular exercise program.
6. Breakthrough plateaus- You are stuck in the same routine and want to break out of a rut. A trainer will jump start, not only your motivation, but your routine as well.
7. Learn how to go it alone- Working with a personal trainer for a few months may be all you need to build a basic fitness program to achieve maximum results and continue on your own.
8. Workout Safely- A personal trainer watches your form and can provide objective feedback about your limits and strengths.
9. Lose Weight- If your New Year's resolution is to lose fat and build muscle, a trainer can keep you on track and help you realize those goals.
10. Improve Self-confidence- Whether you want to feel better, look better or tackle life's everyday tasks with ease, a personal trainer can help you on your way. Feel good in the skin you're in!

Personal Training Rates:

One-Hour Session	\$35
4-One Hour Sessions	\$120
8-One Hour Sessions	\$220
12-One Hour Sessions	\$300
15-One Hour Sessions	\$350



Sports*Com and Patterson Park Community Center

Daily Admission: \$4

30 Visits	Monthly Pass	Yearly Pass	Household Yearly Pass
\$65	\$35	\$300	\$500

Discounts!

City Resident

30 Visits	Monthly Pass	Yearly Pass	Household Yearly Pass
\$60	\$30	\$270	\$450

Youth (5-17) and Seniors (60+)

Daily	30 Visits	Monthly Pass	Yearly Pass
\$3	\$50	\$25	\$200

Youth (5-17) and Seniors (60+) - City Resident

Daily	30 Visits	Monthly Pass	Yearly Pass
\$3	\$45	\$20	\$180

New Pass Special!

Buy One, Get One Free

Starting December 11, 2017 purchase an Individual Yearly or Monthly Pass at either Sports*Com or Patterson and get one FREE! Passes are good at both locations! Special ends at 5:00 p.m. on Saturday, January 13, 2018. When purchasing a Yearly or Monthly pass, the free pass must be a Yearly or Monthly pass of equal or lesser value.